

Integrated Care Systems (ICS's)

What are they and what do they do?

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NHS England and NHS Improvement



What is an Integrated Care System (ICS)?



- NHS Providers & Local Authorities
- Bring health & social care together
- Work closely together to improve health outcomes for a specific geographic population
- Usually in County-wide footprint or group of Counties (e.g Kent & Medway)
- Working closely with voluntary, community & faith sectors
- ICSs will be statutory organisations (Health & Care Act 2022)

The main purpose of the Health and Care Act is to establish a legislative framework that supports collaboration and partnership-working to integrate services for patients. Among a wide range of other measures, the Act also includes targeted changes to public health, social care and the oversight of quality and safety.

Integrated Care Systems in the South East



What do ICSs do?

- **Collectively** plan health and care services to meet the needs of their population
- **Integrate** care across different organisations and settings, **joining up** hospital and community-based services, physical and mental health, and health and social care
- **Improve population health and reduce inequalities**; supporting productivity and sustainability of services
- **Joined up** strategy and resources

ICS Terminology



Systems populations of around 1 million to 3 million people



Neighbourhoods populations of around 30,000 to 50,000 people



Places populations of around 250,000 to 500,000 people

Integrated Care Systems – for Individualised Care

Each ICS has a three-tier system of governance, ensuring that planning and decisions are taken by the people best-suited to meeting the needs of the population.



System

Decision-making across the geographical footprint of the ICS, managing allocation of resources, infrastructure, and strategy.



Place

Integrating care pathways across local services, facilitating multidisciplinary, inter-agency working across NHS, voluntary, community, social care, and the local authority. Decision making for a Place within an ICS structure will be based on community needs.



Neighbourhood

Driven by the needs of the local population, facilitated mainly within primary care using a multidisciplinary model for seamless care provision.

Integrated Care Systems - NHS England

42 regional ICSs now cover every area of England, with an average population of just over 1 million people.

Within each region, the ICS will be responsible for meeting the health and social care needs of their specific population, with emphasis on seamless multi-agency provision.



ICS structures



Integrated Care Boards –

decide how the budgets will be spent, deliver a plan to improve health outcomes and improve the quality of care

Integrated Care Partnerships (now Health & Care Partnerships)

– bring the NHS together with other local partners such as local authority, Healthwatch, community to develop a strategy to improve health and wellbeing in its local area

Provider Collaboratives –

bring NHS Trusts together with mental health and community services

Integrated care systems (ICSs)

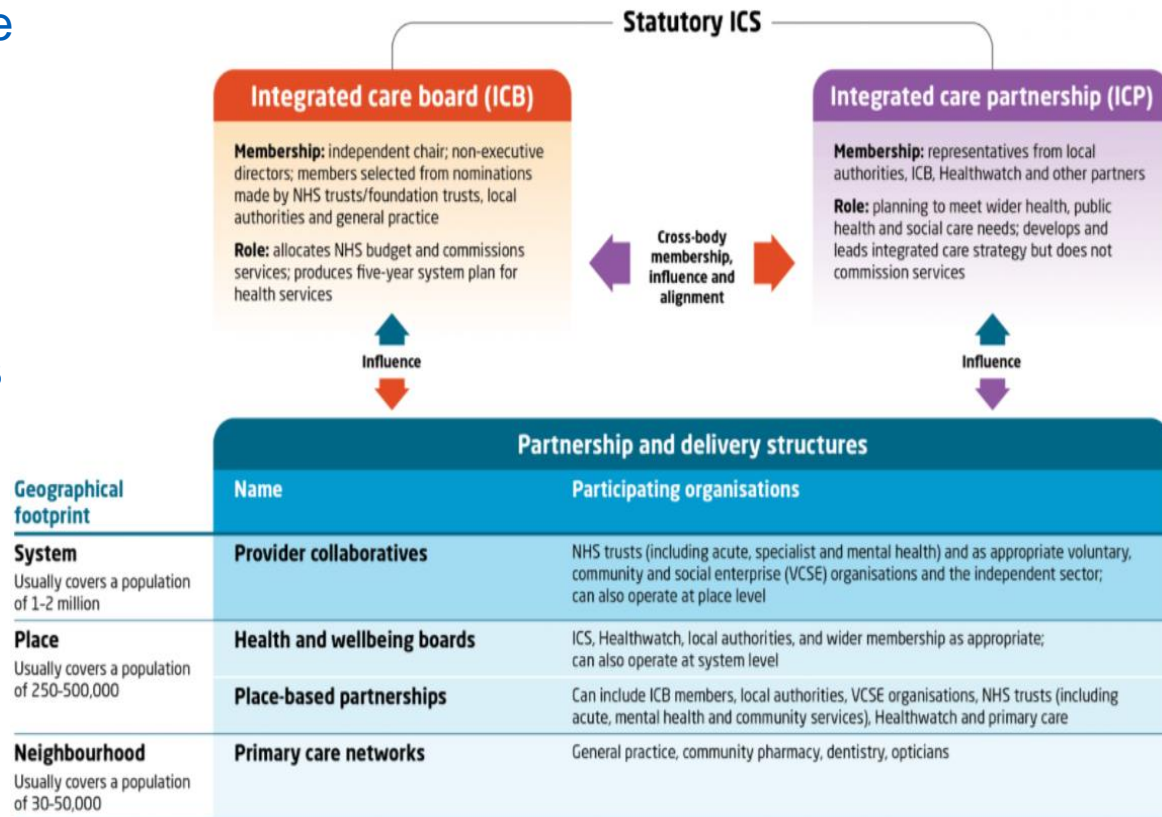
Key planning and partnership bodies from April 2022

NHS England

Performance manages and supports the NHS bodies working with and through the ICS

Care Quality Commission

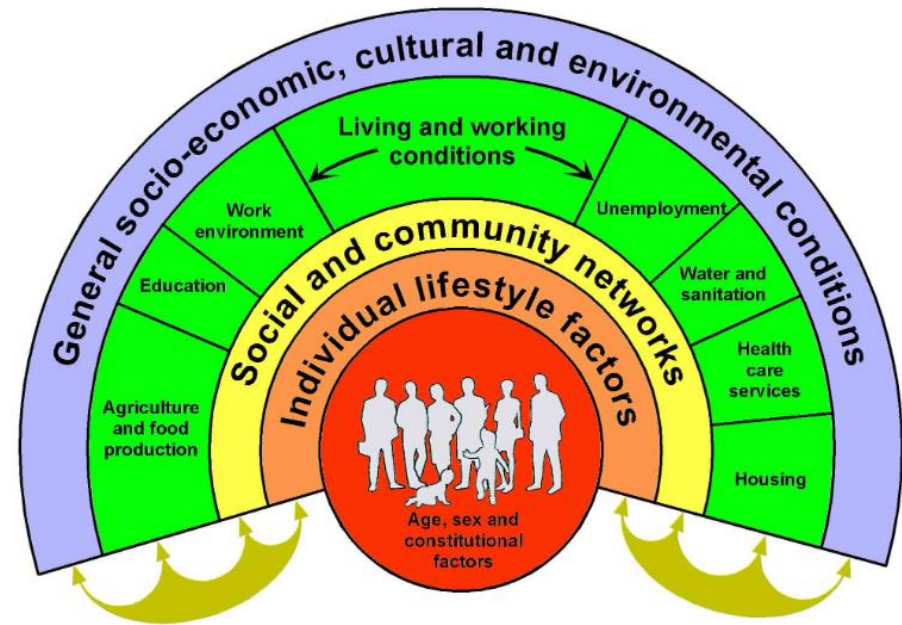
Independently reviews and rates the ICS



Why?

- People are living longer with long term conditions – increasing demand on NHS, multiple needs
- Peoples health are impacted by a range of factors; education, where they live, their employment, background, the environment (wider determinates of health)
- All organisations in the system need to work together to have significant impact

The Main Determinants of Health



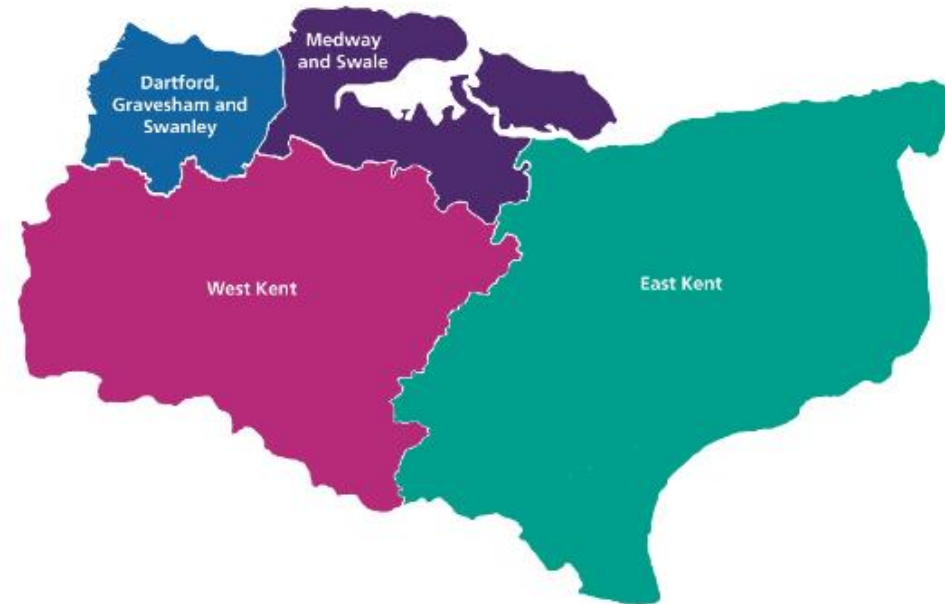
Source: Dahlgren and Whitehead, 1993

Kent & Medway Health and Care Partnerships (HCPs)

HCPs can design and deliver services to meet the needs of everyone they serve based on their local population.

Services focus on greatest need, helping to reduce health inequalities and improve life expectancy.

There is an expectation that HCPs will support healthcare providers to work more closely with local councils – not just with social care and public health colleagues, but also education, planning, housing, environmental health and leisure services.



Kent & Medway Primary Care Networks (PCNs)

A primary care network consists of groups of general practices working together, and in partnership with community, mental health, social care, pharmacy, hospital and voluntary services in their local area, to offer more personalised, coordinated health and social care to the people living in their area.

There are 41 PCNs in Kent and Medway. Networks will be aligned to a HCP- this will support them to work more closely with other partners in the area.

Medway and Swale ICP		
Gillingham South <ul style="list-style-type: none"> Glebe Family Practice Malvern Road Naper Road Pump Lane Railside Surgery Railway Street Upper Canterbury Street 	<ul style="list-style-type: none"> Malling Health, Parkwood Health Centre Orchard Family Practice Parkwood Family Practice Thames Avenue Surgery Waltham Road Wigmore Medical Practice 	<ul style="list-style-type: none"> Sheerness Health Centre (Dr Wills) Sheppey Healthy Living Centre Sheppey NHS Healthcare Centre (DMC) The Old Medical Centre
Medway Central <ul style="list-style-type: none"> Bainoral Malling (Red) Brompton Medical Practice Bryant Street Kings Family Practice St Mary's Island The Halfway Surgery Coverage for patients registered at Hoo Branch DMC 	Medway South <ul style="list-style-type: none"> Churchill Clinic King George Road Maidstone Road Princes Park Medical Centre Reach Stonescross and West Drive Surgeries Wayfield Road Surgery 	Sittingbourne East <ul style="list-style-type: none"> The Chestnuts London Road Surgery The Memorial Medical Centre The Surgery, Trynham
Medway Peninsula <ul style="list-style-type: none"> High Parks Medical Practice Hoo St Werburgh The Elms 	Rochester <ul style="list-style-type: none"> Bostall Village Surgery Castle Medical Practice City Way Thorncliffe Health Care Centre 	Sittingbourne West <ul style="list-style-type: none"> Grovehurst Surgery Islede Health Centre Lakeside Medical Centre Milton Regis Surgery The Meads Medical Practice
Medway Rainham <ul style="list-style-type: none"> Church View Practice Eastcote Lane Long Catils Road Surgery Maidstone Road Matrix Medical Practice 	Sheppey <ul style="list-style-type: none"> St George's Medical Centre Minster Medical Centre Sheerness Health Centre (Dr Chandran) Sheerness Health Centre (Dr Patel) 	Strood <ul style="list-style-type: none"> Apex Medical Centre Count View Surgery Gun Lane Riverside Medical Practice Interim coverage of registered list for St Mary's Medical Centre Coverage for patients registered at Marlboro Park Medical Centre
West Kent ICP		
ABC <ul style="list-style-type: none"> Aylesford Medical Centre Blackthorn Medical Centre College Practice 	Sevenoaks <ul style="list-style-type: none"> Amherst Medical Practice Borough Green Medical Practice Edenbridge Medical Practice Offord Medical Practice St John's Medical Practice South Park Medical Centre Town Medical Centre Westerham Practice 	Tunbridge Wells <ul style="list-style-type: none"> Abbey Court Medical Centre Clanricarde Medical Centre Grosvenor and St James Medical Centre Kingwood Surgery Lonsdale Medical Centre Rusthall Medical Centre St Andrew's Medical Centre Speldhurst and Greggwood Medical Practice Waterfall House Practice
Maidstone Central <ul style="list-style-type: none"> Bower Mount Medical Practice Brewer Street Surgery Grove Park Surgery Northumberland Court Vine Medical Centre 	The Ridge <ul style="list-style-type: none"> Beantree Medical Practice Headcorn Surgery Len Valley Practice Orchard Surgery, Langley Sutton Valence Surgery 	Weald <ul style="list-style-type: none"> Crane Practice Howell Surgery Lambourton Surgery Marden Medical Centre North Ridge Medical Practice Yalding Surgery Old Pensance Surgery Old School Surgery Orchard End Surgery Staplehurst Health Centre
Maidstone South <ul style="list-style-type: none"> Albion Place Medical Practice Greenland Health Centre Mote Medical Practice Walls Avenue Surgery 	Tonbridge <ul style="list-style-type: none"> Hadow Medical Centre Hildenborough Medical Group Snodland Medical Practice Thornhill Medical Practice Wardens Medical Centre Woodlands Health Centre 	
Malling <ul style="list-style-type: none"> Phoenix Medical Practice Snodland Medical Practice Thornhill Medical Practice Watlington Surgery West Malling Group Practice 		



East Kent ICP		
Ashford Rural <ul style="list-style-type: none"> Charing Surgery Hamstreet Surgery Ivy Court Surgery New Haybank Surgery Sydenham House Medical Practice Wye Surgery 	Deal and Sandwich <ul style="list-style-type: none"> Bainoral Surgery Cedar Surgery Manor Road Surgery Penstemon Surgery St Richard's Road Surgery Sandwich Medical Practice 	Margate <ul style="list-style-type: none"> Bethesda Medical Centre Mocketts Wood Surgery Northdown Surgery The Limes Medical Centre
Ashford Stour <ul style="list-style-type: none"> Ashford Medical Partnership Hollington Surgery Kingsnorth Medical Practice New Haybank Surgery Sellindge Surgery Sydenham House Medical Practice Wye Surgery 	Dover <ul style="list-style-type: none"> Buckland Medical Centre East Cliff Practice High Street Surgery Penstemon Surgery Peter Street Surgery St James Surgery 	Ramsgate <ul style="list-style-type: none"> Daphwood Medical Centre East Cliff Practice Nevington Road Surgery Sunmerhill Surgery The Grange Practice
Canterbury North <ul style="list-style-type: none"> Canterbury Health Centre Northgate Medical Practice Old School Surgery Sturry Surgery 	Faversham <ul style="list-style-type: none"> Faversham Medical Practice Newton Place Surgery 	The Marsh <ul style="list-style-type: none"> Church Lane Surgery Martello Health Centre Oak Hall Surgery Orchard House Surgery
Canterbury South <ul style="list-style-type: none"> Canterbury Medical Practice New Dover Road University Medical Practice 	Herne Bay <ul style="list-style-type: none"> The Heron Medical Practice The Park Surgery 	Total Health Excellence East <ul style="list-style-type: none"> Aylesham Medical Practice Lydian Surgery New Surgery White Cliffs Medical Centre
Coastal and Rural East (CARE) Kent <ul style="list-style-type: none"> Ash Surgery Birthington Surgery Broadstairs Medical Practice Minster Surgery St Peter's Surgery Westgate Surgery 	Hythe, Lymince, Cheriton and Hawkinge <ul style="list-style-type: none"> Central Surgery Hawkinge and Elham New Lymince Surgery Oaklands Health Centre Park Farm Surgery Sun Lane Surgery The Surgery The White House Surgery 	Total Health Excellence West <ul style="list-style-type: none"> Gulphall Street Manor Clinic Sandgate Road Surgery
	Whitstable <ul style="list-style-type: none"> Whitstable Medical Practice 	

Dartford, Gravesham and Swanley ICP

Dartford Central <ul style="list-style-type: none"> Horsmans Place Surgery Redwood Practice Temple Hill Surgery Coverage of registered patients at Elmstone Surgery 	Dartford MODEL <ul style="list-style-type: none"> Dr Shimmans and partners Linfield Medical Centre Maple Practice The Orchard Practice
Garden City <ul style="list-style-type: none"> Dorons Way Medical Practice Pilgrims Way Surgery Swancombe Health Centre 	Gravesend Alliance <ul style="list-style-type: none"> Gateway The Forge Oakfield Health Centre The Shrubbery and Riverside Park White Horse
Gravesend Central <ul style="list-style-type: none"> Chalk Surgery Gravesend Medical Centre Parnock Street Surgery Pelham Medical Practice Rochester Road Surgery 	LMN Care <ul style="list-style-type: none"> Jubilee Medical Group Mopham Medical Centre
Swanley and Rural <ul style="list-style-type: none"> Braeside Surgery, Farningham Devon Road Surgery Hensable Surgery The Cedars Surgery The Oaks Partnership 	

Opportunities for physical activity and health

Long Term Health Conditions: Spread the [Physical Activity Consensus Statement](#) message

Personalised Care: Ensure Social Prescribers are supported with referring clients to physical activity sessions. Using [Personal Health Budgets](#) (PHB's) to support clients to take part in regular physical activity sessions.

Workforce: Training for front line professional to be confident in prescribing physical activity (I.E. [Active Medicine Programme](#))

Population Health Management: Integrating physical activity levels and inactivity levels with population health linked data (I.E. [Sport England Active Lives](#) Data)

Core20Plus5: Integrating Hypertension Case finding into physical activity sessions for specific demographics

Hospitals: Become an [Active Hospital](#)

Active Partnerships: ICS to link with their local [Active Partnership](#)

Local examples of physical activity and health initiatives

Man Vs Fat

- Man v Fat is a football league for men who have a body mass index (BMI) that is 27.5 or higher
- Local leagues available in Strood, Gillingham and Chatham
- The programme helps residents make positive life changes that lead to sustainable weight loss.
- Players score points for goals but also for the weight they have lost.
- Over 90% of players lose weight
- The first season (16 weeks) for all participants is funded by Medway Council Public Health team and then players self fund after this
- The package include weekly football and digital support through a coach covering healthy eating and other advice

Health Walks

- 20 Health Walks every week in Medway
- Groups lead by trained volunteers
- Over 4,000 residents accessed the service last year alone
- Walks are friendly, low intensity and held at various rural and urban locations
- Service users report a wide range of physical and health benefits from attending
- Self referral and care professional referrals are main source for new members
- Groups are free with rewards for people taking part

Useful links



[NHS Long Term Plan](#)

[NHS England » Core20PLUS5 – An approach to reducing health inequalities](#)

[Integrated care systems: how will they work under the Health and Care Bill? | The King's Fund \(kingsfund.org.uk\)](#)

Links to ICS Websites

ICSs in the South East region

- [Buckinghamshire, Oxfordshire and Berkshire West ICS](#)
- [Frimley Health and Care ICS](#)
- [Kent and Medway ICS](#)
- [Hampshire and the Isle of Wight ICS](#)
- [Surrey Heartlands Health and Care Partnership ICS](#)
- [Sussex Health and Care Partnership ICS](#)